

Getting back to
work . . .

it's **Your Job**
and **Your Future**



Getting injured on the
job is hard enough.

We want to help you to get back to
work as soon as possible . . . it can
mean money in your pocket!

Department of
LABOR AND
INDUSTRIES



What YOU can do ...

If you're injured on the job and off work

- See your doctor regularly and follow through with treatment.
- Share ideas with your doctor about making it easier to do your job safely.
- Stay in touch with your employer and express your interest in getting back to work.
- Expect your employer to call you to check on your progress.

Ask your doctor

- About types of jobs you can do safely.
- About possible modifications that will ease you back into your job.
- To contact your employer and talk about the kinds of work you are able to do.
- To communicate your physical capabilities and restrictions in each medical report.

Ask your employer

- To explore options for getting you back to work, including eliminating potential hazards.
- To send job description and light-duty options to your doctor and provide you with a copy.
- To consider work-site modifications that will make it easier for you to return to work.



Return to work depends on you!

We understand some injuries are so severe you can't go back to work right away. If you are off work you should know ...

- Getting you back as quickly as possible is a team effort with you, your employer and your doctor.
 - Your employer may have a program in place to help you get back to work.
 - We recognize that time-loss payments do not offset all of your lost wages.
 - You are entitled to receive a written copy of your doctor-approved return-to-work duties from your employer.
 - Assistance in returning you to work quickly and safely is available. L&I, your employer and your doctor will be able to help.
-

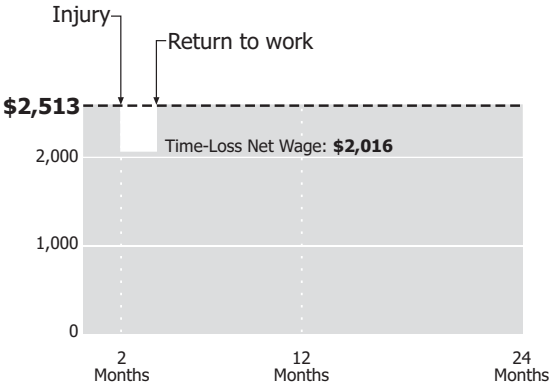
Early and safe return to work makes sense

Even a short time off work takes money out of your pocket.

Studies show that the longer you are off work, the harder it is to get back to your original job and wage.

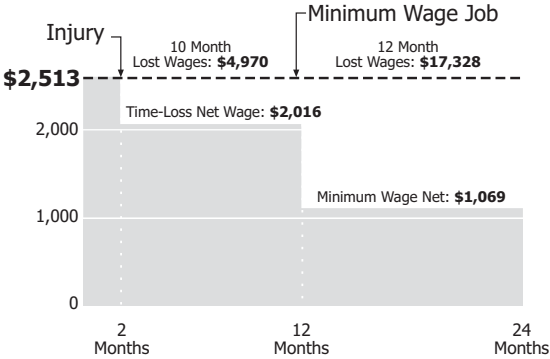
After 2 months ...

A person who makes the state average wage loses **\$994** after only two months on time-loss!



After 2 years ...

In a worse-case scenario, missing 10 months of work and returning to work at minimum wage can result in a loss of **\$22,298**.



Help getting back to work ...

Staff at the L&I toll-free hotline and regional service locations can help you find return-to-work assistance.

L&I toll-free hotline:

1-800-LISTENS (1-800-547-8367)

Regional service locations:

Everett	425-290-1300
Seattle	206-515-2800
Spokane	509-324-2600
Tacoma	253-596-3800
Tumwater	360-902-5799
Yakima	509-454-3700

On the web:

Information about workers' compensation:
www.LNI.wa.gov/insurance

Ideas to modify your job and eliminate risk factors:

www.LNI.wa.gov/wisha/ergoideas

U.S. Department of Labor's Job
Accommodation Network:

www.jan.wvu.edu

